

Wolf Pack WARRIOR

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8th Fighter Wing, Kunsan Air Base, Republic of Korea

June 13, 2003



Military working dogs —

Learn more about Kunsan's hidden heros.

See pages 6 and 7

NEWS BRIEFS

Wolf War Day scheduled

Kunsan's next two Wolf War Days are scheduled for 8 a.m. to noon July 2 and 9. The emphasis areas are ability to survive and operate; transition points; building, vehicle, equipment contamination marking and use; self-aid and buddy care; and use of auto injectors. All new personnel need to have chemical gear prior to the training.

Reenlistment bonuses adjusted

Putting incentives where they are needed most, the Air Force recently revised reenlistment bonuses, adding or increasing 40 career field zones and decreasing or removing 100.

Student earns scholarship

An Osan American High School student from Osan Air Base, South Korea, won a \$128,000 scholarship for college and a guaranteed job with the Defense Intelligence Agency. Jason Pederson, an 18-year-old senior, applied for the scholarship at the prodding of his junior ROTC sergeant and will now receive an \$18,000-a-year stipend. A student at the school for the past six years, Pederson said his fluent English and Korean language skills, extracurricular activities and academic standing helped him surpass his peers to capture the full-ride scholarship. His mother is Korean, and he has spoken Korean and English since childhood.

Civilian personnel changes

Defense Secretary Donald H. Rumsfeld cleared up some misconceptions about the proposed Department of Defense civilian personnel system during testimony before the Senate Governmental Affairs Committee. Rumsfeld said the current system is not flexible and agile enough to confront the dangers of the 21st century. Basically, he is asking Congress to approve a new way of hiring, rewarding, assigning and firing federal workers to meet these challenges. The DOD has more than 730,000 civilian workers, and they are an important part of the department, Rumsfeld said. Rumsfeld, Joint Chiefs chairman Gen. Richard Myers and Chief of Naval Operations Adm. Vern Clarke emphasized that to transform the department, it must be allowed to transform the civilian workforce.



Photo by Staff Sgt. Shane Cuomo

Dear mom ...

Airman Martin Rygula, an air transportation craftsman, takes time to write a letter while deployed to Tallil Air Base, Iraq, supporting Operation Iraqi Freedom.



Photo by Staff Sgt. Chuck Walker

WOLF'S ENLISTED CALL: Members of the 8th Fighter Wing ask Col. Robin Rand, 8th FW commander, questions after his enlisted commander's call June 6 in Hangar 3. The "Wolf" told people in the audience his expectations of them during his tour here. Rand made himself available for questions after the commander's call was finished.

U.S. troops slated to move south from Korean DMZ

By Gerry J. Gilmore
American Forces Press Service

U.S. and Republic of Korea officials have agreed to a plan to realign American forces stationed in "The Land of the Morning Calm."

In June 4 to 5 meetings held in the South Korean capital city of Seoul, according to a joint U.S.-South Korean statement, it was decided the operation would consist of two phases:

◆ Phase 1 — U.S. forces at installations north of the Han River would consolidate in the Camp Casey [Tongduchon] and Camp Red Cloud [Uijongbu] areas. Both bases are north of Seoul and the Han, but well south of the demilitarized zone that separates North and South Korea. The 14,000-strong U.S. Army 2nd Infantry Division, which provides troops to bases near the DMZ, is headquartered at Camp Red Cloud.

◆ Phase 2 — U.S. forces north of the Han River would move to key hubs south of the Han River.

U.S. and Korean officials agreed to continue rotational U.S. military training north of the Han even after Phase 2 is completed, according to the statement.

The realignment operation would take several years to complete, according to the joint statement.

Realignment of American troops in South Korea is part of an ongoing U.S. force



Photo by Staff Sgt. Efrén Lopez

WORKING TOGETHER: U.S. Army and Republic of Korea soldiers from Camp Red Cloud, South Korea, walk along a road during a tank battle scenario held at Twin Bridges training grounds March 26. The tank battle was one many training exercises held during Foal Eagle 2003. Foal Eagle is the Combined Forces' Command's primary field training exercise.

assessment involving overseas and stateside troops. About 37,000 U.S. troops are currently serving in South Korea.

U.S. Deputy Defense Secretary Paul Wolfowitz noted at a June 2 press conference in Seoul that "a substantial amount of money" would be invested — about \$11 billion, according to U.S. defense officials — over the next four years "in some 150 programs to enhance U.S. capabilities here on the [Korean] Peninsula."

The U.S.-ROK statement noted that the realignment would also involve moving U.S. forces out of Yongsan garrison in Seoul.

Wolfowitz returned June 3 from a trip to Singapore, Seoul and Tokyo to discuss

mutual security matters with East Asian leaders.

The deputy defense secretary observed in Seoul "that any basic changes we make to our ground forces here will affect the 2nd Infantry Division." However, U.S. "commitment to the defense of [South] Korea remains firm," the deputy defense secretary asserted at the Seoul press conference.

The purpose of realigning U.S. forces in South Korea, Wolfowitz pointed out, "is to enhance deterrence, not to weaken it."

More U.S.-ROK meetings on the subject of U.S. forces' realignment in South Korea are slated in the future, according to the statement.

Make the most of your time in Korea

By Lt. Col. Terrie Ford
8th Services Squadron

I can hardly believe an entire year has passed since I assumed command of the 8th Services Squadron. The intense sadness of leaving my family behind for what I thought would be 12 very long months quickly wore off as the excitement of moving to Korea commenced and I stepped into the whirlwind pace of the Wolf Pack and squadron command.

Nineteen years ago I said one of the reasons I joined the Air Force was to see the world. I have not been disappointed, having served in four states plus Panama, the United Kingdom, Germany, Saudi Arabia, and now Korea. Despite my initial reluctance when I learned I would be “going remote,” my tour at Kunsan has been very rewarding both professionally and personally. This year was packed full of activity, so full I often felt the hours in the day were too short to accomplish everything I needed to do. In the beginning, I would have said the biggest limiting factor I would have to overcome is lack of funding. At this point, I’d have to say I was wrong ... it was lack of time.

There seem to be too few hours in the day for me to finish half of what I start. Time, or lack of it, became my big nemesis. I’ve never been afraid of putting in whatever hours were needed to get the job done, and that certainly held true here at Kunsan where I worked longer days [and nights and wee hours of the mornings] than ever before. With no family waiting for me

“Consciously setting priorities in my daily schedule and sticking to them would have ensured I accomplished the important tasks first, rather than allowing myself to naturally gravitate to the urgent but less important duties that awaited.”

— Lt. Col. Terrie Ford
8th Services Squadron commander



at home at the end of the day, I was in no hurry to get out of the office. I allowed, or perhaps even caused, my work to expand to fill the hours I didn't want to have idle. Looking back, I realize there were a couple of things I could have done to help myself out of the time crunch - consciously setting priorities and better organizing myself.

Consciously setting priorities in my daily schedule and sticking to them would have ensured I accomplished the important tasks first, rather than allowing myself to naturally gravitate to the urgent but less important duties that awaited. Many days I became a slave to e-mail, spending countless hours reading and responding to e-mail that could have waited or perhaps didn't have to be done at all. On the other hand, since the vast majority of “taskers” now arrive electronically, a certain amount of time spent checking e-mail is a necessary evil.

The second thing I could have done better is to organize myself. I don't function well with a messy desk, but if you've been in my office any time over the past year, you probably saw one or more stacks of papers and/or folders

sitting there, many of them just gathering dust. I should have taken the few minutes a day it would have required to keep my desk more organized. If nothing else, I would have felt better about the appearance of my office. Although I could usually reach into the stack and pull out whatever piece of paper I needed at the moment, I no doubt would have spent my time more efficiently had I been more organized.

As I write, only 18 days and a wake-up stand between me and Dyess Air Force Base, Texas. Until this moment, I’ve been too busy to actually stop and count. For the next two and a half weeks, I’ll be forced to prioritize the important tasks at hand and make the time to finish them. Now that my tour at Kunsan is drawing to a close, I realize more than ever what I need to do to be successful at my next assignment. After a short break, I will assume command the 7th Services Squadron and start the cycle all over again, only this time my family waiting to see me at the end of the day, and managing my time and organizing myself will be more important than ever.

Action Line
782-5284

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

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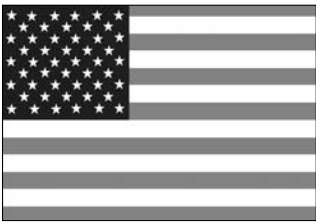


Rosemary Song

ASK MS. SONG

Q: Why are black ties not generally worn in Korea?

A: In Korea, black ties are reserved for funerals and is a symbol of a time of mourning. Men usually only wearing black ties to funerals, not to generic business or social events.



Send your questions about Korean customs, culture and language to Rosemary Song at wolfpackwarrior@kunsan.af.mil.

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Defend the base
Accept follow-on forces
Take the fight North

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Submissions

Deadline for submissions to the WOLF PACK WARRIOR is 4 p.m. Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

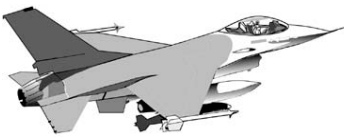
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We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	372	164
80th FS	380	162
8th FW	752	326



Reminder

Sponsors should inform newcomers that all Air Force standards must be adhered to upon arrival. Even when coming off of leave, the moment a newcomer arrives at Kunsan Air Base, they are considered accountable and on government time.

Good Neighbor Program sets standard for alliance's next 50

By Army Sgt. Russell C. Bassett
U.S. Forces Korea

This year marks the 50th year of the Republic of Korea and United States alliance. Forged by the blood of war and strengthened through military and economic ties, the alliance has remained viable and strong through half a century.

To ensure the alliance remains strong this century, Gen. Leon LaPorte, United Nations Command, Combined Forces Command, and United States Forces Korea, commander, designed a new policy to thank Koreans for their continued friendship: the Good Neighbor Program.

"Since this is the 50th year of the alliance, we thought it was an appropriate time to establish a command-wide program," said LaPorte. "And the whole aim and purpose of the Good Neighbor Program is to enhance communication, interaction, and positive bonding with the Korean people and the servicemembers of the United States Forces Korea."

The program, which was formulated in November and implemented in January, has created several new initiatives, including the Community Relations Program Review, the Adopt-a-School program, the Unit Partnership Program, the Korean National Police Appreciation Program and the Educator Outreach Program.

Last month was also Good Neighbor Month, and LaPorte recognized five members of the Korean community for their outstanding support of U.S. servicemembers stationed in Korea at the first USFK Good Neighbor Recognition Ceremony.

At the heart of the Good Neighbor Program are sub-

ordinate units' community relations programs. According to Lt. Col. Paul Fameli, 8th Army Civil Affairs, these programs were already in place within the units, but the new policy gets more people involved and makes them more visible.

"There is a [Good Neighbor] event every day now," he said. "It is not that there were not events before, but now we are getting more soldiers involved and we are getting more visibility of what we are doing because it is important to sustain the relationship."

All the leaders of the peninsula have taken the ideals expressed by LaPorte in his new policy and applied them by creating numerous Good Neighbor events. One leader, who has really taken those ideals to heart, is Maj. Jason Pike, 5th Medical Detachment commander.

"I saw the Good Neighbor memo when it came out from General LaPorte, which said 'get involved,'" he said. "I get a lot of memos, but when I saw this I thought 'this is where it is at; this is what we need to be doing, and I should have been doing this along time ago.'"

Since January, Pike has organized several trips with the members of his unit to visit with ROK Army units near the DMZ, has gone on cultural tours, and has brought ROK medical officers on post for joint training. This month he and other officers in his unit will spend a week in a farming community, fishing and hiking with the Koreans of that community.

Pike explained he has organized these Good Neighbor events because he believes in the importance of the ROK/U.S. alliance.

"The ROK/U.S. alliance is critical; it is more important than anything and everything we do," he said. "Maintaining the alliance and strengthening the



Photo by Staff Sgt. Russell Bassett

PARTYING WITH THE KIDS: Staff Sgt. Phyllis Jordan, U.S. Forces Korea Combat Support Coordination Team 3 administration specialist, prepares to put a birthday hat on an orphanage student at Osan Air Base recently. The unit holds birthday parties for the Good Samaritan Foster Home children once a month.

alliance is the key to deterring aggression on this peninsula."

LaPorte said all incoming personnel will soon be required to attend classes to educate them on Korean customs, basic language phrases and cultural sensitivities and he encouraged every USFK member to be a good neighbor.

"It starts with interpersonal skills, not only when we are dealing with each other, but also when we are dealing with the citizens of the Republic of Korea," he said. "We want as many people to get involved as possible. There are great opportunities here for servicemembers to get off the installations and experience the rich, loving Korean culture."

Kunsan to hold July 4 parade

By Tech. Sgt. Kelley Stewart
8th Fighter Wing Public Affairs

The 8th Services Squadron is currently planning a July 4 bash for the Wolf Pack. One of the scheduled events is a July 4 parade.

Any squadron or private organization may submit a float and take home a cash prize.

"Floats will be judged by judges along Avenue C across from the community center," said Master Sgt. Shawn Francis, 8th SVS marketing director. "First place gets \$400, second gets \$300, third gets \$200, and fourth gets \$100."

The services squadron is looking for an Independence Day theme, but organizations can submit any float idea they'd like.

Items used to decorate the floats can come from things found around the various squadrons or bought on the local economy. There also are no restrictions on the types of vehicles that can be used.

People who submit a float must meet in the parking lot area between the base exchange and the mini mall to get into place before the parade kicks off. The route will take the floats up West 5th Street, past the Jet Stream, turning left on

Avenue C between the post office and community center. The parade kicks off at 1:30 p.m.

The winners will be announced at 4:45 p.m. during the block party and will receive their checks from Col. Robin Rand, 8th Fighter Wing commander.

"This is a Wolf Pack tradition," Francis said. "We're trying to bring the spirit of every town and city in America alive at Kunsan."

"We want to make this fun for everyone. We want to encourage people to get out of their rooms and celebrate our nation's birthday with us."

Other events scheduled to celebrate July 4 include a "putting on the hits" lip sync contest. Winners will receive Army and Air Force Exchange Service gift certificate for first, second and third place.

Unit advisory councils and private organizations also can set up a booth for the block party.

Rand said he wants to make this an event that will get people out of their dormitory rooms, so anyone with an idea is encouraged to contact the 8th SVS.

Sign up for the July 4 parade no later than June 25 by stopping by the Falcon Community Center or calling Staff Sgt. Nichelle Jenkins at 782-4110.



Photo by Staff Sgt. Chuck Walker

NEW HAWK: Col. Kimberly Slawinski assumed command of the 8th Medical Group at Hanger 3 Tuesday. Slawinski arrived from Bolling Air Force Base, Washington, D.C., where she was the Air Force Surgeon's Tactical Action Team director.



Photo by Staff Sgt. Jerome Baysmore

JULY 4TH PARADE: Wolf Pack members participate in the July 4 parade held here last year.

Outprocessing?

Remember all outprocessing must be done in uniform

PACAF contest rewards library patrons

Curiosity seekers and trivia buffs alike can satisfy their passion in the 2003 Information Quest @ Your PACAF Base Library contest, June 1 - July 15, 2003.

This trivia-like contest is designed to familiarize Pacific Air Forces communities with the extensive online databases, the "virtual" library available at netlibrary and to Gemstar electronic book reader devices available at base libraries throughout the command.

Members of the Wolf Pack might be surprised at the amount of information available to them at the Rosenblum Library, according to Patricia Larrabee, 8th Services Squadron library director.

"I wish more people were aware of how many online databases can be accessed free of charge," said Larrabee.

Not only will the contest, an electronic scavenger hunt of sorts, expose library customers to a variety of resources, but the Air Force and contest sponsors are also offering prizes for people who participate.

More than \$4,000 in prizes will be awarded throughout the command, including a prize for just signing up. The grand prize winner receives a Gemstar GEB-1150 electronic book reader eBook.

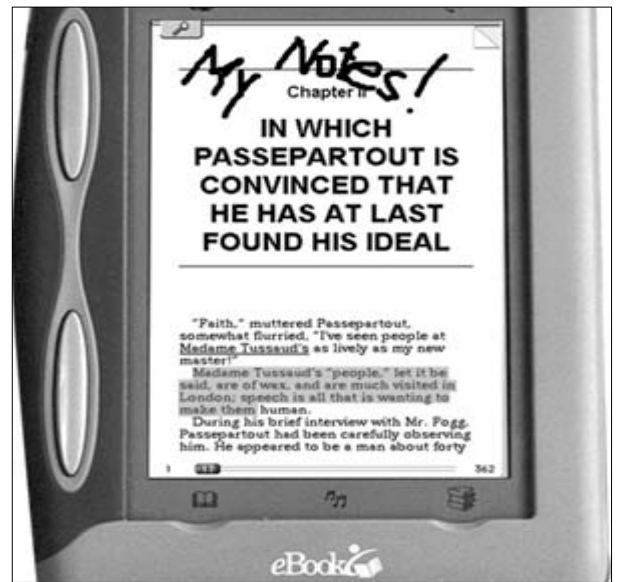
Upon registering, contestants will receive a complete list of challenges in the quest — 100 questions that must be answered by using select library resources. Each correct answer earns a "Quest Points," with prizes awarded at various mid-point levels along the way and at the completion of the list. At Kunsan, participants will have a chance to earn a canvas book during weekly drawings.

The first person at each base to answer all 100 questions correctly wins a designer eagle throw. All contestants who complete the list will compete for the e-book reader, a portable, pocket-sized device capable of storing several electronic books, newspapers or magazines.

"Information Quest is a great way to learn about the resources available at our libraries and earn some unique prizes. And I think people will be amazed at some of the information they discover in their search for the answers," said Sharron Cooper, command librarian for PACAF.

Anyone who's eligible to use the library may participate in the contest.

— Compiled from Pacific Air Forces services reports



Courtesy graphic

INFO QUEST: Wolf Pack members have the opportunity to win a Gemstar GEB-1150 electronic book reader, the grand prize for Pacific Air Force's summer library services initiative.



U.S. Army photo

COMING TO KOREA: A squadron of AH-64D Apache Longbow helicopters returned to South Korea last week after completing a year of the Army's transformation and modernization program at Fort Hood, Texas.

Apache Longbows arrive in Korea

By Steve Davis
Army News Service

PUSAN, Republic of Korea — A squadron of AH-64D Apache Longbow helicopters returned to South Korea last week after completing a year of the Army's transformation and modernization program at Fort Hood, Texas.

Based at their home of Camp Humphreys, the newly updated attack helicopter squadron will bring enhanced defensive capabilities to the peninsula and contribute to the overall deterrence that U.S. forces bring to the U.S.- South Korean alliance, Eighth Army officials said.

The upgraded Apache attack helicopters of the 3rd Squadron, 6th Cavalry Brigade were off-loaded from the M.V. Green Point by the Army's 837th Transportation Battalion in Pusan

June 5.

After off loading, soldiers from the 194th Maintenance Battalion helped reassemble the squadron's 17 Apache Longbow attack helicopters after a lengthy voyage from Corpus Christi, Texas, aboard the M.V. Green Point, a government-contract cargo ship.

Air Force weather, medical, safety, fire, helicopter maintenance, air traffic control and other key personnel teamed up to get the 3rd Sqdn., 6th Cavalry aircraft off the ship, reassembled and test flown safely.

The helicopters left Korea last year as AH-64A models to be upgraded to the AH-64D Apache Longbow model with enhanced war fighting capabilities at Fort Hood.

Editor's note: The Eighth Army public affairs office contributed to this story.

Modifications give F-16s new life

By 1st. Lt. Garrett Grochowski
Ogden Air Logistics Center Public Affairs

HILL AIR FORCE BASE, Utah — America's premier multi-role fighter is "slipping" into some tougher armor that promises to extend the aircraft's life by about eight years.

The F-16 Service Life Improvement Program modifications, better known as SLIP, are "all about extending these aircraft — putting them back up to get more life out of them," said Gary Grivet, F-16 Fighting Falcon branch module chief.

SLIP began five years ago to repair cracks in high-stress, fracture-critical and potential-crack areas, Grivet said. These areas developed over time as stress on the airframe transferred to other areas after an earlier structural modification program, Falcon-Up, was started.

"SLIP mod" is the modification of the upper fuselage area, which beefs up the exterior of the aircraft where cracks have or may occur from years of wear and tear," said Grivet.

The modification replaces the old bulkheads with new composite metal bulkheads, the entire engine mount, fuel-tank panels and fasteners, as well as other structural components. From the time the air-

craft arrives here, Grivet said it takes experts only 94 days to modify each aircraft, depending on what other modifications need to be done.

When the aircraft comes in, Grivet said its fuel and engine have already been removed. It is then jacked up and stripped.

After structural mechanics accomplish their modifications, Grivet said F-16 branch technicians rebuild everything, putting it all back the way it was when the plane arrived.

"We reassemble it and then run it back through the fuel facility, where aircraft parts are checked for proper operation and any leaks," he said. "From there the Falcons are taken to flight test where the engine's put back in."

A lot of repairs F-16 branch experts do depend on what is found by both the aircraft's home unit and the team here. Some aircraft have more wear and tear because of number hours their units fly and the environment at the aircrafts' home base, such as humidity or salt in the air.

"The more high-tech you go the more complex a modification gets," Grivet said. "We have good mechanics, a lot of talented people, with a lot of experience on this airplane, which makes the job go really well and keeps us on schedule."



Courtesy photo

EXTENDED LIFE SPAN: The F-16 is undergoing life improvement modifications. The new modifications promise to extend the aircraft's life by about eight years.

AIR FORCE LITHOGRAPHS

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www.kunsan.af.mil/wpw/

PMEL gets certified, third time in 10 years

By Staff Sgt.
Robert Wollenberg
8th Fighter Wing Public Affairs

The 8th Maintenance Squadron Precision Measurement Equipment Laboratory Flight received its annual certification after having been inspected by the Air Force Metrology and Calibration Center from Heath, Ohio, May 28 to June 3.

This certification is monumental for the flight as it's only the third time in 10 years it has received it.

The inspection covered five areas including the facility, environment, quality system, quality program, and the measurement capability assessment.

While inspecting the facility, the inspectors made sure the facility was adequate and in good shape.

The environment portion of the inspection makes sure the temperature and relative humidity stay within a strict tolerance at least 90 percent of the time.

The quality system is a manual the flight writes and then makes sure they follow. The quality system also includes internal inspections.

"The first three inspection areas basically lead up to the main purpose of the flight," said Master Sgt. Jenny Holloman, 8th MXS Test Measurement and Diagnostic Equipment flight chief. "That is the actual measurement capabilities assessment and quality assurance of the equipment."

Heading up the quality program is Staff Sgt. Larry McEntire, 8th MXS PMEL quality assurance.

"He runs the program," said Holloman. McEntire ensures the mini-

mum sample rates of out going equipment are met. He checks all of the sampled equipment and documents for any errors.

When errors are found, a team headed up by Tech. Sgt. Adam Breedveld, 8th MXS PMEL chief, conducts root cause analysis to determine why the problem occurred. With this information, the flight establishes preventive measures to ensure it doesn't happen again.

"The measurement capability assessment portion of the inspection involved all of my technicians," Holloman said. "The inspectors did an over-the-shoulder evaluation on each technician performing measurements."

The inspectors checked to ensure the technicians were following the technical orders and procedures correctly.

"My guys performed very well," she said. "The inspectors said this was the best MCA they had ever done."

After a week of inspecting, the inspectors determined that the PMEL flight was capable of making accurate measurements and recommended certification.

"The inspection is a culmination of what we do on an everyday basis," McEntire said. "Just like the operational readiness inspection is important to the wing, the annual AFMETCAL inspection is our time to show off what we do best."

In the out brief with Col. Robin Rand, 8th Fighter Wing commander; Col. Gary Bryson, 8th Maintenance Group commander; and Lt. Col. Robert Stephenson, 8th MXS commander, the inspectors assured them the flight would be fully certified.

"PMEL certification means a lot to the people on this base," Holloman said.



Photo by Staff Sgt. Robert Wollenberg

KEEPING THINGS IN CHECK: Tech. Sgt. Dennis Strehlow, 8th Maintenance Squadron laboratory standards/test sets section supervisor, performs a stray voltage check on "beer cans" [voltage detectors] belonging to the 80th Aircraft Maintenance Unit Tuesday at building 720.

"PMEL touches everyone here in one way or another."

PMEL works primarily on test equipment for the maintenance community.

"Calibrated and repaired equipment ensures the planes will fly," Holloman said. "But the maintenance community is not all we touch."

PMEL also works on communication equipment to ensure proper operation so radars can be checked and instrument landing systems are operational, she said.

8th Civil Engineer Squadron equipment, orderly rooms, Post Office and hospital scales are also among the equipment calibrated by PMEL.

"Without PMEL, there is no way to verify the gas you pump at the gas station is providing the correct amount of fuel for what you're paying, the weight that is read on the scales for the weight management program is correct, or the landing capability of aircraft during inclement weather is precise."

Top 3 MVP



Photo by Staff Sgt. Robert Wollenberg

ANALYZING: Tech. Sgt. Richard Nelson, 8th Maintenance Squadron nondestructive inspection assistant section chief, removes chip detector samples from the scanning electron microscope June 3. Nelson was chosen by the Top 3 council for the May MVP award. His primary duties are to analyze aircraft engine oil samples and to schedule and coordinate the daily work load and activities of the office. Nelson received a MVP Award certificate, \$25 Army Air Force Exchange Service gift certificate and a Top 3 coin at the Top 3 council meeting Wednesday. The MVP award is a monthly award created by the Top 3 council to recognize an enlisted member — technical sergeant and below — of the 8th Fighter Wing who goes the extra mile by accomplishing tasks that would otherwise go un-noticed be it on or off duty.

OF THE PRIDE PACK

Job: 8th Aircraft Maintenance Squadron 80th Aircraft Maintenance Unit weapon load crew chief

Duties: We load munitions on F-16s and maintain the weapon system on the jet.

Hometown: Libby, Mont.

Follow-on: Unknown

Hobbies: Shooting pool, pocketball and rock climbing.

Favorite music: Godsmack

Last good movie you saw: "Matrix Reloaded"

Best thing you've done at Kunsan: Just being assigned here, because of the great teamwork and closeness of the Kunsan base community.



Staff Sgt. Sean Scott

"Staff Sgt. Scott's extensive aircraft knowledge has directly aided in the combat readiness of the F-16 fleet at Kunsan Air Base. Not only does he maintain a 100 percent pass rate for Quality Assurance evaluations, but he also made a direct impact to the 80th Aircraft Maintenance Unit weapons section's zero defect during the November 2002 munitions activity standardization program. His meticulous attention to detail led to him being handpicked to train all weapons load crew chiefs on proper gun bay inspection procedures."

Maj. Walter Lindsley
8th Aircraft Maintenance Squadron commander



*Integrity First
Service Before Self
Excellence In All We Do*



Staff Sgt. William Rider, military working dog trainer, "catches" Ccassandra during a running attack. When not on patrol, military working dogs receive obedience and attack training as well as running the obstacle course. Rider is wearing scratch pants and a hard bite sleeve for protection.



Damon, a 5-year-old Belgian Malinois military working dog, practices his low crawl in the kennel grass. Damon also will low crawl with his handler.



Rider is hit by Bob, and 11-year-old Belgian Malinois, during muzzle attack training. This training teaches the dog to bite when a person has no safety equipment on.



Staff Sgt. Jeffrey Hoyle, military working dog handler, and Damon, practice a traffic stop. Patrol work is one of the things military working dogs are trained to do.



Staff Sgt. Eric Brown, a military working dog handler, walks Rider, who plays a 'bad guy' during attack training to 'jail' while Ccassandra, his military working dog, watches Rider intently.



Brown measures food for one of the military working dogs. Each dog has a separate diet prescribed to them by a veterinarian.



Schulz updates Bob's training records at the kennels. Each military working dog has training records that are updated regularly.



Ccassandra, a 3-year-old Belgian Malinois military working dog, exits the tunnel portion of the obstacle course. The mission of the 15 handlers and 17 dogs from the 8th Security Forces Squadron Military Working Dog Flight is to provide perimeter security, and drug and explosives detection for the base.



Staff Sgt. James Schulz, military working dog handler, checks Bob for injuries after he thought he'd seen him limping. Military working dogs cost the government anywhere from \$5,000 to \$25,000 depending on what they're trained to do.



Seventeen military working dogs are housed in separate kennels. Handlers feed and water the dogs daily. The animals are also given a bath twice a month by their assigned handler. If a handler is on midtour, the dog is taken care of by a trainer or kennel master.



Nero, a 10-year-old Belgian Malinois, eats a diet prepared for him by a veterinarian.

MILITARY WORKING DOGS

Unknown members of the Wolf Pack

By Tech. Sgt. Kelley Stewart
8th Fighter Wing Public Affairs

Some of the most important members of the Wolf Pack follow every order given and answer to names like Ccassandra, Bob, Damon, and Eelvis.

They aren't F-16 pilots with funny call signs; they're military working dogs from the 8th Security Forces Squadron.

Kunsan Air Base's 17 military working dogs are all trained to do perimeter security, but a small number of them also are specialized in drug and explosives detection.

Fifteen handlers work with the dogs and are required to patrol, train and care for them so the military working dog flight can carry out its primary mission of providing explosives and drug detection capabilities, and perimeter security for the base.

Each handler is assigned a dog for their tour here. While the handler is on mid-tour, the kennel master and trainer take care of the dog. "Mainly they exercise and groom the dog," said Staff Sgt. Eric Brown, a military working dog handler.

Having a dog for a partner brings something a little different to an incident the handler might respond to. They bring a certain amount of intimidation with them to work everyday. "Some people are more afraid of the dogs than they are of guns," said Staff Sgt. William Rider, military working dog

"I have a very good relationship with my dog. She is my true partner here. She's the one who will be there for me. If we go to war, she'll find the 'bad guy' so I don't get killed. She'll save my life because we'll be alone outside of the perimeter fence."

Staff Sgt. Eric Brown
8th Security Forces Squadron
military working dog handler

trainer. "They know you can release the dog on them with fewer consequences than you can shooting them. That makes them more afraid of the dog."

The biggest misconception people have about the military working dog flight is it doesn't do any work.

"People don't see what we're doing," Rider said. "We do our training away from people, and when we do perimeter security, we're by ourselves. We're outside the fence line."

However, the dogs and their handlers are out there everyday on patrol. If things aren't busy, the handlers bring the dogs back to the kennels for training. There, the dogs receive light obedience

and attack training, and run the obstacle course.

The obedience training helps with, what Rider considers, one of the biggest challenges faced by handlers, correcting a dog's behavioral problems. Problems taught to the animal by other handlers. "You have to make sure you and your dog click," Rider said. "You have to work on being a team."

"I have a very good relationship with my dog," Brown said. "She is my true partner here. She's the one who will be there for me. If we go to war, she'll find the 'bad guy' so I don't get killed. She'll save my life because we'll be alone outside of the perimeter fence."

Another challenge the military working dog handler faces is getting people to realize these animals aren't pets. Fully trained, a patrol dog costs the government about \$5,000, a drug detection dog cost about \$12,000, and an explosive detection dog costs about \$20,000 to \$25,000.

This is one of the reasons the community standards forbid unit mascots from coming into contact with them. "We don't know where that dog [mascot] came from or if it's had its shots," Rider said. "It makes it difficult to patrol the dorms because some people keep them in their rooms."

Although handlers and military working dogs go unnoticed by others while performing their daily mission, the best thing about being a handler is being with the dog. "You're never bored," Rider said.

7 DAYS

Today

Free food The Loring Club offers club members a pasta buffet 6 to 9 p.m. in the ballroom. For more information, call 782-4312 or 782-4575.

Howlin’ bowl The Yellow Sea Bowling Center offers Howlin’ bowl from 7 p.m. to 1 a.m. For more information, call 782-4608.

SonLight Inn The 8th Security Forces Squadron hosts a free meal at 6 p.m. The meal includes Mexican lasagna, salad and ice cream. For more information, call 782-4300.

Smorgasbord buffet The Loring Club hosts a super smorgasbord 11 a.m. to 1 p.m.

Karaoke Display your talent or cheer on others 8 p.m. to midnight at the Falcon Community Center.

Saturday

Nine-pin tournament The Yellow Sea Bowling Center hosts a nine-pin bowling tournament starting at 6:30 p.m. The entry fee is \$13. For more information, call 782-4608.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Sunday

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

Dart tournament The Loring Club sponsors a dart tournament at 7 p.m.

Chicken wings The Loring Club has 10 cent chicken wings 6 to 8 p.m.

B-I-N-G-O The Loring Club has bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Mexican buffet The Loring Club has a Mexican buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

Nifty fifty bowling The Yellow Sea Bowling Center has nifty fifty bowling from 11 a.m. to 11 p.m. Fifty cents will buy a hot dog, soft drink, shoes and one game. For more information, call 782-4608.

Pool tournament The Loring Club offers a 9-Ball pool tournament at 7 p.m.

Double feature The Falcon Community Center hosts a double feature movie madness at 6 p.m. For more information, call 782-4619 or 782-4110.

Pizza The Loring Club has 50 cent pizza from 6 to 8 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

Tuesday

Sumo wrestling The Loring Club hosts sumo wrestling. For more information, call 782-4575 or 782-4312.

Kun burger The Loring Club has a \$2 Kun burger 6 to 8 p.m.



Photo by Staff Sgt. Robert Wollenberg

BOWLING FOR FREE: Senior Airman Christina Holguin, 8th Fighter Wing Public Affairs information management specialist, bowls Tuesday during the “Lunch ‘N Bowl” special at the Yellow Sea Bowling Center.

Oriental buffet The Loring Club has an Oriental buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Wednesday

Free food The Loring Club offers club members sub sandwiches 6 to 9 p.m. in the ballroom.

Techno dance night The Loring Club has a techno and dance night with a disc jockey. For more information, call 782-4575 or 782-4312.

Texas barbecue The Loring Club has a Texas-style barbecue buffet 11 a.m. to 1 p.m.

8-Ball pool tourney The Loring Club hosts an 8-Ball tournament at 7 p.m.

8-Ball pool tourney The Falcon

Yellow Sea Bowling Center weekly specials

Monday - Nifty fifty, a hot dog, soft drink, shoes and one game for 50 cents.

Tuesday - Summer mixed league play.

Wednesday - Learn to bowl from noon to 2 p.m. and 6:30 to 8:30 p.m. for \$1 per game.

Thursday - Ladies’ Night, ladies bowl free all night.

Friday - Howlin’ Bowl, \$11 per person or \$50 per lane for unlimited bowling from 7 p.m. to 1 a.m.

Saturday - Nine Pin tournament starting at 6:30 p.m. Cost is \$13.

Sunday - Red Pin Bowling, get a strike with a red pin in the front and win a free game

Community Center hosts an 8-Ball tournament at 7 p.m. The winner receives a phone card.

Thursday

Mongolian Barbecue The Loring Club offers Mongolian barbecue 5:30 to 8:30 p.m. For more information, call 782-4575 or 782-4312.

Dart tournament The Falcon Community Center hosts a 301 dart tournament at 7 p.m. The winner receives a phone card.

Ladies’ night The Yellow Sea Bowling Center hosts ladies’ night where ladies bowl free all night

Country night The Loring Club has a country night with a disc jockey. For more information, call 782-4575 or 782-4312.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.

MOVIES

Saturday

“Daddy Day Care” (PG) 7 and 9:30 p.m.

Sunday

“Phone Booth” (R) Starring Colin Farrell and Forest Whitaker. 7 and 8:30 p.m.

Tuesday

“Head of State” (PG-13) Staring Chris Rock and Bernie Mac. 8 p.m.

Wednesday

“Basic” (R) Starring John Travolta and Samuel L. Jackson. 8 p.m.

Thursday

“Basic” (R) 8 p.m.

The theater is now closed Mondays. For more information, call 782-SHOW.



Tonight

“Daddy Day Care” (PG) Starring Eddie Murphy. 7 and 9:30 p.m.

Volunteers Needed

The Hispanic Heritage Observance Committee needs volunteers to chair and participate on this years committee. Hispanic heritage is observed annually from Sept. 15 through Oct. 15. The initial meeting is scheduled for 3 p.m. June 24 at building 1051. For more information, call Staff Sgt. Monique Lege at 782-4053.

Korean Folk Village Tour

The Falcon Community Center hosts a tour to a Korean folk village from 7 a.m. to 8 p.m. June 21. The deadline for registration is Thursday. The cost is \$20 and \$16 for E-4 and below. For more information, call 782-4679 or 782-5213.

Education

CLEP/DANTES The education office offers CLEP/DANTES testing 8 a.m. Mondays and Fridays, and 8 a.m. and 1 p.m. Wednesdays. Call 782-5148 for an appointment. The Rosenblum Library offers a variety of CLEP and DANTES study material for loan. The library is open 9:30 a.m. to 9:30 p.m. daily.

Troop-to-Teachers Troops-to-Teachers provides referral assistance and placement services to military personnel interested in beginning a second career in public education as a teacher. The DANTES Troop-to-Teachers office helps applicants identify teacher certification requirements, programs leading to certification and employment opportunities. The office’s new Web site is www.jobs2teach.doded.mil.

Teachers needed The education center is in need of teachers. Many enlisted personnel are trying to go to school here but often run into road blocks when it comes to course availability. This is often due to a lack of teachers. Without the luxury of many college professors here, the education center must rely on officer and enlisted corps to carry the load. If anyone is interested in teaching, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

FSC

TAP Workshop The family support center hosts a transition assistance program class 8 a.m. to 4 p.m. June 24 to 26. Topics include: job search, resume writing, interview techniques, career exploration, legal affairs, medical insurance, Veterans Affairs benefits, relocation decisions, etc. For more information, call 782-5644.

Sponsorship Training The family support center gives sponsors the tools to help make new members’ transition to Kunsan an easy one. Training is 10 to 11 a.m. every third Wednesday at the Sonlight Inn. Registration required, call 782-5644.

Return and reunion The family support center hosts a return and reunion briefing 3:30 p.m. Tuesdays at the base theater. The briefing addresses the challenges of returning home after a separation.

Smooth Move A briefing to answer questions about permanent-change-of-sta-

tion moves is 1 to 2:30 p.m. the second Wednesday of the month at the SonLight Inn. Legal, finance, housing, and medical experts provide information. Registration required, call 782-5644.

Volunteer Opportunities

SonLight Inn The SonLight Inn needs units to volunteer for the Friday meals. The chapel is looking for units to volunteer through Aug. 29. If interested or for more information, call Airman 1st Class Jessica Duplantis at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage Volunteers are needed to help at the local Kae Chong Orphanage on a weekly basis. Kunsan people spend time with 40 children on Thursday nights. There is an English lesson and snack time that lasts for two hours. For more information, call Staff Sgt. Lynetta Williams or Staff Sgt. Jesse Hernandez at 782-4035.

Commissary bagging Base members can volunteer to sack groceries 1:30 to 6:30 p.m. weekends for tips. Sign up at the commissary.

Chapel

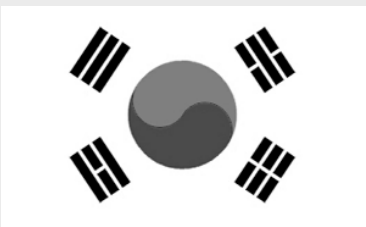
Protestant services General Protestant Worship Service is 11 a.m. Sundays and the Contemporary Praise and Worship Service/Bible study is 7 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 12:30 p.m. Sundays and the Inspirational Praise and Worship Service is 7:30 p.m. Fridays at the chapel.

Latter-day Saint Services are 3 p.m. Sundays at the chapel.

Church of Christ Services are 9:30 a.m. Sundays at the SonLight Inn, room 1.

Catholic services Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday through Thursday at the chapel. Catholic Reconciliation is by appointment Monday through Thursday and 4:30 to 5 p.m. Saturdays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room. An “Overview of the Scriptures” is 7 p.m. Thursdays



OFF LIMITS

Effective immediately, the following off post establishments and areas are off limits by order of the area II commander:

- Number One Club
- Red Fox Club
- Dreams Club
- Forever Together
- Best Club
- Bridge Club
- Coyote Club
- Kiss in the Dark Club
- Nymph Club
- Yes Club
- Royal Club
- Tae Pyung Hotel
- Isabella’s Club

- Indiana Joe’s Club
- Moulin Rouge Club
- Texas Club
- Starbutt Club
- Sunny’s Club
- Tiger Tavern
- Hong-Dae University Area
- * Cocktail Club/Tiffany’s Club
- * Dallas/Hypnotic Club
- * Dragon/Eve Club
- * Spanky’s/Mimi’s Club
- * Townhouse/J Club

*These clubs recently changed their names

in the chapel conference room.

SonLight Inn hours The SonLight Inn is open 6 a.m. to 10 p.m. Monday through Thursday, 6 p.m. to midnight Saturday and 8 a.m. to 10 p.m. Sunday every week. For more information, call 782-5466.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:
☐ Adult Sunday School, 9:30 a.m. Sundays, SLI, room 3.

☐ Basic Christian Training, 9:30 a.m. Sundays at the SLI, room 3.

☐ Korean-American Bible Study, 7:30 p.m. Mondays at the SLI, room 1.
☐ Women’s Fellowship, 7 p.m. Tuesdays and every third Thursday at the SLI, room 2.

☐ Mid-Week Spiritual Boost, 12:15 p.m. Wednesdays at the chapel.

☐ Intercessory Prayer, 8:30 p.m. Saturdays at the SLI, room 2.

Miscellaneous

Changes of command The 8th Comptroller Flight change of command is today at 11 a.m. at the Loring Club.

The 35th Fighter Squadron change of command is June 20 at 9 a.m. in Hanger 3.

The 8th Service Squadron change of command is June 23 at 9 a.m. in the Loring Club ballroom.

The 8th Medical Operations Squadron change of command is June 25 at 9 a.m. in Hanger 3.

The 8th Communications Squadron change of command is June 25 at 3 p.m. at the 8th CS compound.

The 8th Civil Engineer Squadron change of command is June 26 at 9 a.m. at the 8th CES compound.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with “classifieds” and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member’s rank, name and phone number and must originate from the member’s e-mail account. No “personal” ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Reward

A reward is being offered for the return of or for information leading to the return of a Kodak Easyshare digital camera. For more information, please call Tech. Sgt. Kenneth Hill at 782-7041 or 782-6345.

For Sale

Dell, 17 inch computer monitor and keyboard for sale. Make an offer. For more information, call Senior Airman Kevin Steele at 782-8266 (home) or 782-4390 (work) or e-mail me.

South Gate Market and It’Aewon

The Falcon Community Center offers a tour to Namadaemun Market June 28. The deadline to sign up is June 26 and the bus will depart the center at 7 a.m. and return at 8 p.m. June 28. The market is the largest general wholesale market in Korea consisting of more than 1,250 shops and stalls situated on 10 acres. The market sells clothes, tableware, crafts, fresh-cut flowers, blankets and more. There are more than 15,000 shops in It-Aewon offering many items. English is spoken in most shops and most take American money.

Airmen’s Action Council

The airmen’s action council meets 3 p.m. the last Tuesday of the month in the Loring Club Officers’ Lounge. All airmen, E-1 to E-4, are invited to attend. For more information, call Senior Airman Catherine Hagin at 782-7383.

Free Breakfast and Fellowship

8 to 11 a.m.
Every Saturday
at the SonLight Inn

KARAOKE

Wednesday and
Friday nights at the
community center

Need a taxi?

Call 782-4318

Begert emphasizes fitness

By Tech. Sgt. Kelley Stewart
8th Fighter Wing Public Affairs

To help get FitLinxx up and running, the Pacific Air Forces commander has directed squadron commanders to appoint unit fitness representatives.

"Each squadron commander needs to identify a unit fitness representative to help implement FitLinxx at the unit level, serve as the unit fitness specialist, and function as a liaison between the unit and the fitness center and [health and wellness center]," said Gen. Bill Begert. "This individual should be personally motivated toward overall fitness and eager to learn more."

Maj. Gordon Campbell, 8th Medical Group health promotions director, would like to see the person appointed to this position have close to a year left on station. Also, the larger the squadron, the more unit fitness representatives should be appointed.

"A good rule of thumb is one UFR for every 50 people," Gordon said.

Training for fitness representatives is June 25 and 26 from 9 a.m. to 4 p.m. BDUs can be worn to the morning session 9 a.m. to noon. Workout clothing should be worn for the afternoon session 1 to 4 p.m. because representatives will do "hands-on" training.

FitLinxx is an interactive work out partner and has been installed on 12 Cybex machines and 30 pieces of cardio equipment. There also are two kiosks located in the free weight room for people to log in their workout information.

Fitness is heavily promoted in PACAF by Begert. "I want to reemphasize the importance of allowing your subordinates time to be fit," he said. "At a minimum, members should be exercising aerobically for 30 minutes at least three times per week. I challenge you to lead the way within the command — get involved with your fitness program and encourage your troops to do the same."



PUMPING IRON: Jolene Metzler, 1-43r Air Defense Artillery, works out on the shoulder press. The fitness center offers brand new cybex weight-lifting machines, as well as free weights.



KNOCKOUT: Shawna Romero, 8th AMXS, dukes it out with the speed bag. The fitness center also offers a heavy bag aspiring boxers.



Photos by Senior Airman Andrew Svoboda

SPARING: Joseph Foster (left), 8th Aircraft Maintenance Squadron, practices Ninjitsu with his sparring partner Jack Dean, 8th AMXS. Classes are taught at noon weekdays at the fitness center by David Fletcher, 8th AMXS. This is one of many martial arts programs offered through the fitness center.



SPINNING: Elfonsia Brown (left), 8th Logistics Readiness Squadron, and Warren Deguzman, 8th AMXS, workout during the base's intense stationary bike class, known as spinning. Classes are held weekdays in the softball scorer's box.



SHOOTING PRACTICE: Galem Vine, Headquarters Headquarters Detachment 36th Signal Battalion from Camp Walker, plays a pick-up game of basketball at the fitness center.



EYE ON THE BALL: Kevin Goulet (left), 8th Maintenance Squadron, and Kevin Rios, 8th MXS, play a game of racquetball. The fitness center offers three racquetball courts.

SPORTS SHORTS

5K run/walk

The fitness center hosts a 5K run/walk beginning at 9 a.m. June 21. Sign-up in advance at the fitness center or call 782-4026.

Triathlon scheduled

The fitness center hosts a triathlon beginning at 9 a.m. June 28. Events include a 10K run, 10K bike race and 1,000 meter swim. Participants need to have their own bike. Sign-up at the fitness center.



USAF Marathon registration

Registration is underway for the 2003 U.S. Air Force Marathon scheduled for Sept. 20. Reduced fees for early registration are available until June 30. Registration deadline is Sept. 4. To register, visit the marathon Web site at <http://afmarathon.wpafb.af.mil/>, or call the marathon office at (937) 257-4350 or (800) 467-1823.

Bowling lessons

Every Monday night, Yellow Sea Bowling Center offers reduced price and bowling assistance from an experienced bowler at noon, 2, 6:30 and 8:30 p.m. Price is \$1 per game.

Varsity volleyball

Anyone interested in playing on Kunsan's co-ed varsity volleyball team are invited to attend weekly practices. Saturday practices are held at noon at the 8th Civil Engineer Squadron outdoor volleyball court and 6 p.m. Sundays at the gym. For more information, call Staff Sgt. Jesse Hernandez at 782-7043.

Summer basketball league

The fitness center is currently working to get summer basketball leagues started. Squadron sports representatives must have a minimum of 12 players to enter a team. For more information, call 782-4026.

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjitsu

Noon Saturday and Sunday - FREE

Tae Kwon Do

8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido

7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do

6 a.m. and 7 p.m. Monday to Friday

Aerobics Classes

Monday

11:30 a.m. - Shaping and toning
5:45 p.m. - Abs
6 p.m. - Step Challenge

Tuesday

6 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Wednesday

5:45 p.m. - Abs
6 p.m. - Cardio kick boxing

Thursday

6 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Friday

11:30 a.m. - Shaping and toning

SCORES & MORE

SOFTBALL

American League

	W	L
MDG A	3	0
LRS A	2	0
MXO	2	0
AMXS B	2	1
AMMO	1	0
SFS A	1	1
FOX BTRY	1	1
MXS	1	1
CES B	1	1
SVS	1	2
SFS B	0	2
COMM B	0	2
MDG B	0	2

National League

	W	L
OG	3	0
COMM A	2	0
SOLDIERS	1	0
AGE	1	0
LRS B	1	0
CES A	1	0
AMXS A	1	0
ECHO BTRY	1	1
ROKAF	0	1
KWANG JU	0	2
ARMAMENT	0	2
AVIONICS	0	2
FAB FLT	0	3

Fitness center hours

The sports and fitness center hours are:

Monday to Thursday
4:30 a.m. to midnight
Friday
4:30 a.m. to 11 p.m.
Weekends, holiday and down days
8 a.m. to 9 p.m.

Tips to Healthy Eating



Maintain a healthy weight

Appropriate weight depends on many factors including sex, height, age and heredity. Excess body fat increases chances for high blood pressure, heart disease, stroke, diabetes, some types of cancer and other illnesses. But being too thin can increase risk for osteoporosis, menstrual irregularities and other health problems. If you're constantly losing and regaining weight, the Health and Wellness Center can help you develop sensible eating habits for successful weight management. Regular exercise is also important to maintaining a healthy weight.

— Courtesy of the Health and Wellness Center

Fitness takes dedication, commitment

Physical activity challenging in today's society

By Maj. Larry Groves
319th Aeromedical-Dental Squadron

GRAND FORKS AIR FORCE BASE, N.D. — There is a constant emphasis in our modern society on looking good, feeling good and living longer. Scientific evidence tells us one of the keys to achieving these ideals is fitness and exercise. If you spend your days at a mostly sedentary job and pass your evenings as a “couch potato,” it may require some determination and commitment to make regular activity a part of your daily routine.

Getting moving is a challenge because physical activity has become less a part of daily living. We're a mechanically mobile society, relying on machines rather than muscle to get around. In addition, we've become a nation of observers with more people spending their leisure time idly. Statistics show that obesity, and the health problems that come with it, is nearly epidemic.

These same statistics also show that preventive medicine pays off, so don't wait until your doctor gives you an ultimatum. Take the initiative to get active now.

If you're interested in improving your overall conditioning, experts recommend you get at least 30 minutes of moderately intense physical activity on all, or most days of the week. Examples of moderate activity include brisk walking, cycling, swimming, or doing home repairs or yard work.

You should also include resistance exercises for muscular strength and stretching exercises for flexibility to gain complete fitness. Each scheduled workout should begin with five to 10 minutes of warm-up movements and end with a slow cool-down period of equal duration. If you can't get in 30 minutes all at once, aim for shorter bouts of ordinary activity — at least 10 minutes — that add up to a half-hour during the day.

If you're ready to move up to more vigorous activity, remember that “no pain, no gain” isn't exactly true. Many well-meant fitness programs have been ruined by too much enthusiasm on the first day and sore muscles on the second. A goal is an end point, not a beginning, so work toward your goal gradually. Once you're in better shape, you can progressively increase your usual routine, or change to a different, more strenuous activity.

The key to a lifetime of fitness is consistency. Here are tips to help you make exercise a habit:

- Choose an activity you enjoy.
- Tailor your program to your fitness level.
- Set realistic goals.
- Choose an exercise that fits your lifestyle.

- Give your body a chance to adjust to your new routine.
- Don't get discouraged if you don't see immediate results.
- Don't give up if you miss a day. Just get back on track the next day.
- Find a partner for motivation and socialization.
- Build some rest days into your exercise schedule.

□ Listen to your body. If you have difficulty breathing, or experience faintness or prolonged weakness during or after exercise, consult your physician.

You can probably come up with plenty of excuses for why you're not more active. You're too young, too old, too busy, too tired, or in pretty good shape for your age. Usually, these excuses are pretty flimsy. There are beneficial activities for people of all ages and for those with little time. You should think in terms of lifestyle changes to incorporate a little more movement each day.

Check out the various programs available at the sports and fitness center. Visit the health and wellness center for a fitness assessment and exercise prescription. Don't allow weather extremes to interfere with your established exercise routine. Take advantage of the outstanding base facilities and excellent free resources available year-round to enhance your fitness.

The opportunities for fitness improvement are all around you, so the next time you think about getting fit, don't ask, “Who has time?” Instead, ask yourself, “Who doesn't want to feel better?”



Photo by Staff Sgt. Chuck Walker

HEALTH FAIR: Lt. Col. Laurie Hall, 8th Medical Group, checks a volunteers blood pressure during the health and wellness center health fair Saturday. Booths were set-up outside the base exchange to provide health, fitness, nutrition and dental information to members of the Wolf Pack. Drawings were held during the fair and the following people won prizes: Army Sergeant First Class Stephen Smith, 1-43rd Air Defense Artillery; Senior Airman Joshua Murray, 8th Aircraft Maintenance Squadron; Tech. Sgt. Arnold White, 8th Fighter Wing; Staff Sgt. Heriberto Diaz, 8th Operations Support Squadron; Staff Sgt. Thomas Blake, 80th Fighter Squadron; Yim, Okcha, 8th Services Squadron; Tech. Sgt. Kenneth Hill; Kim, Mikyung, 8th Security Forces Squadron; Staff Sgt. Stacey Eutzy-Colon, 8th FW and Tech. Sgt. Alex Alverio, 8th Medical Support Squadron. All winners may pick up their items at the HAWC, building 1439.

Tobacco Cessation



The health and wellness center offers free smoking cessation classes.

For more information, call 782-4305.

Spin classes

Spin classes are now held in building 1907, the softball scorer's box. Class hours are:

- Mondays Noon and 5 p.m.
- Tuesdays 5:30 a.m.
- Wednesdays Noon and 5 p.m.
- Thursdays 5:30 a.m.
- Fridays Noon and 5 p.m.

Maintainers, pilots put in long hours during... 'SORTIE SURGE WEEK'

By Senior Airman Andrew Svoboda
8th Fighter Wing Public Affairs

Maintainers from the 8th Aircraft Maintenance Squadron are putting in some overtime this week, working 12-hour days to meet the needs of an increased flying schedule.

The week of increased of flying, known as a sortie surge, usually happens quarterly to help the 8th Fighter Wing meet the required sorties and flying hours for the fiscal year.

"By having a week each quarter with a sortie surge, we can pad our flying hours in the event that we get behind at some point later in the year," said Senior Master Sgt. Kenneth Martin, 8th AMXS production superintendent.

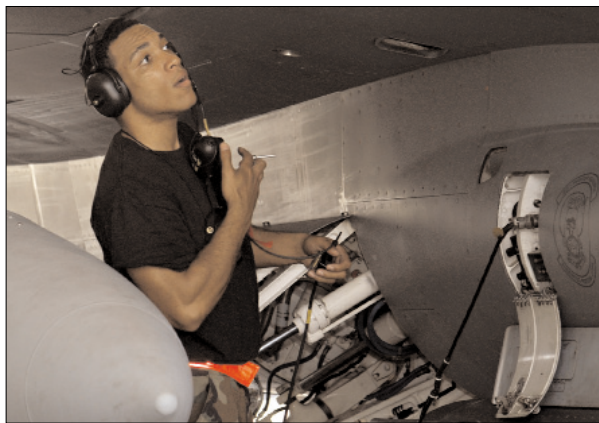
The week is stressful, yet beneficial to maintainers and pilots alike, who each work a rigorous work schedule during the surge.

During a normal week, pilots fly what's known as a '10 turn 8' schedule, with a total of about 40 sorties per week.

"During a normal flying week schedule, each morning 10 aircraft fly sorties. Upon return, the pilots attend a mission debriefing as maintainers 'turn' the aircraft," said Senior Master Sgt. Mark Wilder, 8th AMXS maintenance superintendent. "When an aircraft is turned, the jets are parked and undergo a thorough inspection before being refueled and sent on another mission with eight new pilots."

During the surge week, the wing nearly doubles its total sortie count, usually reaching close to 100 sorties. In order for the pilots to meet the increased number of flying hours, maintainers perform what's known as "hot pitting."

"Hot pitting means pilots stay in the aircraft and keep the engines running while the jet is refueled and a brief cursory inspection takes place," said



Senior Airman Carl House, 8th Maintenance Squadron avionics specialist, performs checks on a jet in the hot pits.



Photos by Senior Airman Andrew Svoboda

A crew chief from the 35th Fighter Squadron Aircraft Maintenance Unit marshals an F-16 into the "hot pit" area. During surge week, pilots remain in the aircraft with the engine running as a quick inspection is performed and the jet is refueled. During this week, the 8th Fighter Wing's sortie count doubles.

Wilder. "After flying three consecutive sorties, the pilots park their aircraft and eight new pilots fly two consecutive sorties, stopping only long enough for one more hot pit. The longer the jets are used, the better they seem to fly."

Occasionally, planes do break, and if a major problem is detected, measures are taken to keep the sortie surge going.

"The pilot will jump into a spare plane and keep flying, while maintainers fix the [broken] plane," said Wilder. "Maintenance troops are responsible for keeping Pacific Air Forces standard eight-hour fix rate, in addition to maintaining the sortie surge."

The week is beneficial to maintenance troops, who experience an extended work schedule and increased operations tempo similar to working during a contingency, as well as demonstrating their capabilities to quick turn an aircraft.

"The whole purpose of the hot pits is so we don't have to turn aircraft," said Staff Sgt. Thomas Bonin, 8th AMXS pit boss. "It takes a lot of time to take fuel trucks to each HAS [hardened aircraft shelter], so this is a quicker turnaround for the pilots."

Hot pitting during the surge week is also one of the only times maintainers from both the 35th and 80th Fighter Squadron Aircraft Maintenance Units work together on jets.

"Although both squadrons fly F-16s, the 35th [Fighter Squadron] flies block 40s and the 80th flies block 30s," said Airman 1st Class Shawna Losh, 8th AMXS. "There's a slightly different avionics pack-



Staff Sgt. Jason Williamson and Airman 1st Class Shawna Losh, both 35th FS AMU, and Senior Airman Jeremy Bentley, 8th Logistics Readiness Squadron, work together to refuel an F-16 in the hot pits.

age and the landing gear is different, so this broadens our capabilities and helps us get familiar with different airframes."

Hot pitting is not generally used during contingency exercises, because in those instances aircraft must be configured with bombs for air-to-ground missions. No matter what the mission, whether it's air-to-air, or air-to-ground, the maintenance cycle continues.

"Launch, recover, launch, recover, fix then BPO [basic post-flight] pre-flight for the next day," said Wilder.



During sortie surge week, maintainers "hot pit" aircraft, meaning they do a quick check and refuel the jet without the pilot shutting down the engine or exiting the aircraft. Each hot pit contains a crew chief, an avionics specialist and a petroleum, oil and lubricants troop. The pit boss monitors the activity in the flows to ensure safety and communicates between maintainers and the pilots.